



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15032, Fish, grouper, mixed species, cooked, dry heat

Report Date: June 25, 2017 18:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 202g
Proximates						
Water	g	73.36	--	--	62.36	148.19
Energy	kcal	118	--	--	100	238
Energy	kJ	494	--	--	420	998
Protein	g	24.84	--	--	21.11	50.18
Total lipid (fat)	g	1.30	--	--	1.10	2.63
Ash	g	1.41	2	--	1.20	2.85
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	21	2	--	18	42
Iron, Fe	mg	1.14	--	--	0.97	2.30
Magnesium, Mg	mg	37	2	--	31	75
Phosphorus, P	mg	143	2	--	122	289
Potassium, K	mg	475	2	--	404	960
Sodium, Na	mg	53	2	--	45	107
Zinc, Zn	mg	0.51	2	--	0.43	1.03
Copper, Cu	mg	0.045	2	--	0.038	0.091
Manganese, Mn	mg	0.012	2	--	0.010	0.024
Selenium, Se	µg	46.8	--	--	39.8	94.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.081	--	--	0.069	0.164

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 202g
Riboflavin	mg	0.006	--	--	0.005	0.012
Niacin	mg	0.381	--	--	0.324	0.770
Pantothenic acid	mg	0.870	--	--	0.740	1.757
Vitamin B-6	mg	0.350	--	--	0.297	0.707
Folate, total	µg	10	--	--	8	20
Folic acid	µg	0	--	--	0	0
Folate, food	µg	10	--	--	8	20
Folate, DFE	µg	10	--	--	8	20
Vitamin B-12	µg	0.69	--	--	0.59	1.39
Vitamin A, RAE	µg	50	--	--	42	101
Retinol	µg	50	--	--	42	101
Vitamin A, IU	IU	165	--	--	140	333
Lipids						
Fatty acids, total saturated	g	0.299	--	--	0.254	0.604
14:0	g	0.025	2	--	0.021	0.051
16:0	g	0.140	2	--	0.119	0.283
18:0	g	0.059	2	--	0.050	0.119
Fatty acids, total monounsaturated	g	0.268	--	--	0.228	0.541
16:1 undifferentiated	g	0.026	2	--	0.022	0.053
18:1 undifferentiated	g	0.086	2	--	0.073	0.174
Fatty acids, total polyunsaturated	g	0.403	--	--	0.343	0.814
18:2 undifferentiated	g	0.018	2	--	0.015	0.036
20:4 undifferentiated	g	0.057	2	--	0.048	0.115
20:5 n-3 (EPA)	g	0.035	2	--	0.030	0.071
22:5 n-3 (DPA)	g	0.017	2	--	0.014	0.034
22:6 n-3 (DHA)	g	0.213	2	--	0.181	0.430
Cholesterol	mg	47	--	--	40	95
Amino Acids						
Tryptophan	g	0.278	--	--	0.236	0.562
Threonine	g	1.089	--	--	0.926	2.200
Isoleucine	g	1.145	--	--	0.973	2.313
Leucine	g	2.019	--	--	1.716	4.078
Lysine	g	2.282	--	--	1.940	4.610

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 202g
Methionine	g	0.735	--	--	0.625	1.485
Cystine	g	0.266	--	--	0.226	0.537
Phenylalanine	g	0.970	--	--	0.825	1.959
Tyrosine	g	0.839	--	--	0.713	1.695
Valine	g	1.280	--	--	1.088	2.586
Arginine	g	1.487	--	--	1.264	3.004
Histidine	g	0.731	--	--	0.621	1.477
Alanine	g	1.503	--	--	1.278	3.036
Aspartic acid	g	2.544	--	--	2.162	5.139
Glutamic acid	g	3.709	--	--	3.153	7.492
Glycine	g	1.193	--	--	1.014	2.410
Proline	g	0.878	--	--	0.746	1.774
Serine	g	1.014	--	--	0.862	2.048
Other						